

ABSTRACT

The present invention applies to provide a lighting method of a high pressure discharge lamp dedicated particularly for image equipments in which re-lighting when turning ON the switch again immediately after the switch OFF is instantaneously performed even in the high pressure discharge lamp. In the transition state of transitioning from the lighted state to light off, the lamp power to be supplied to the electrodes (3), (4) is reduced to an extent an arc discharge does not disappear and maintained for a while, and thereafter, transitioned to the glow discharge after lowering the lamp temperature to a temperature capable of maintaining the glow discharge and maintaining the glow discharge for a while, and the current supply to the electrodes (3), (4) is cut at the point the lamp temperature becomes lower than or equal to the temperature at which re-lighting is possible.